

HEALTHY BITES



Creighton
Wellness



WOMEN'S AND MEN'S HEALTH & WELLNESS

From the Core to the Floor

Join us to learn about the connection between your core and pelvic floor at this free workshop provided by Board-Certified Women's Health Clinical Specialist from Creighton Therapy and Wellness, Kari Bargstadt-Wilson.

Open to all Creighton University employees.



SCAN TO REGISTER

APRIL 17, 2024 AT NOON CST

REGISTER HERE - ON BRIDGE: [HTTPS://TINYURL.COM/CORETOFLOORAPRIL17](https://tinyurl.com/coretofloorapril17)

IN PERSON - HIXON-LIED SCIENCE BUILDING, ROOM 367

OR

VIRTUAL OPTION ONCE REGISTERED

CONTACT US: Wellness@creighton.edu